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Contact DelaWELL

<http://www.delawell.delaware.gov>
1-800-556-6106

Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>
1-800-926-5455

Super-Quick Peach Pie



Ingredients:

- 1 cup granulated sugar
- 1/4 cup less-fat margarine with 8 grams fat per tablespoon
- 1 tablespoon low-fat buttermilk
- 1/3 cup whole-wheat flour
- 1/3 cup unbleached white flour
- 1/2 teaspoon ground nutmeg
- 6 large fresh peaches, pitted, skinned, and sliced

Instructions:

Preheat oven to 450 degrees. Coat a deep-dish pie pan with canola cooking spray. Add sugar, margarine, and low-fat buttermilk to a mixing bowl and cream together on medium speed for about a minute. Beat in the flours and nutmeg until a crumb mixture forms. Spread half of the mixture in the bottom of prepared pan. Arrange peach slices evenly on top of the crumb mixture. Sprinkle remaining crumb mixture on top of the peaches. Bake for 10 minutes. Reduce heat to 350-degrees and continue baking for about 30-40 minutes or until the top crust is lightly brown.

Nutritional Information per Serving:

170 calories, 2g protein, 3.5g fat, 2g fiber, 28 mg sodium.

Make healthy easy - Take your Health Risk Assessment!

Complete your Health Risk Assessment from **September 15 - December 31, 2009** to be entered into a monthly random prize drawing!

All full-time state, school district, charter school, higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over the age of 18 who are covered under the State Group Health Insurance Program as of July 1, 2009, can participate in exciting Dela**WELL** programs, which include:

- Access to a **confidential**, online or paper-based Health Risk Assessment (HRA) for new and returning users;
- A **FREE** Health Coach, if your HRA shows you have a qualifying health risk;
- Online health information;
- Weight Watchers®, fitness club and other health discounts; and
- **FREE** onsite health seminars.

To get started, go to <https://delaware.online.staywell.com>. Click **Register Now** and follow the on-screen instructions.

When you're finished, you'll get instant results, an action plan and valuable health information- all about you!

Exercise of the Month: Pilates

Focusing on the core

The abdominal and back muscles are often collectively referred to as the body's core. Pilates strengthen the core by developing pelvic stability and abdominal control.

Most exercises involve bending, stretching and using your own body weight for resistance. (Pilates can also be done on machines.)

Pilates breathing exercise

- This exercise activates your core muscles as you learn to control breathing while maintaining good posture. Standing with your arms relaxed at your sides; your ankles, hips and shoulders aligned; your shoulders relaxed; and your head lifting upward. Relax in this position.
- Inhale slowly and deeply through your nose, expanding your rib cage. As you breathe, maintain your spine position with its natural curves. Keeping your shoulders still, move only your rib cage.
- Exhale slowly and deeply through your mouth, drawing the front of your rib cage in and down. Mobilize your abdominal muscles by pulling in the navel, drawing it up toward the rib cage and squeezing your lower abdominal muscles as you keep your shoulders still and relaxed. Think of flattening and lengthening the abdominal wall. The beauty of this and other Pilates exercises is you can do them anywhere, anytime to relieve physical and mental stress.

For more information on *Pilates: A Core Conditioning Program*, visit StayWell Online at <https://delaware.online.staywell.com>.

Legislative Mall Farmers' Market

Every Wednesday through September 16th
11:00am to 2:00pm



Get Heart Healthy!

Upcoming Events:

- **2009 Summer Blood Challenge!**
May 26th-September 5th. Become a member of the Blood Bank of Delmarva by signing up at work or calling 1-888-8-BLOOD-8. Enrollment forms available in your HR Dept.
Save lives and win prizes.
www.delmarvablood.org
- **DelaWELL University**
Registration is open for "Doing Your Part To Stay Heart Smart" and "Controlling Stress Before it Controls You." Sessions are available in all three counties.
www.delawell.delaware.gov
- **FREE Health Risk Assessments**
Available from September 15th - December 31st.
<https://delaware.online.staywell.com>

Visit Your Doctor and Find Out Your Healthy Heart Numbers*

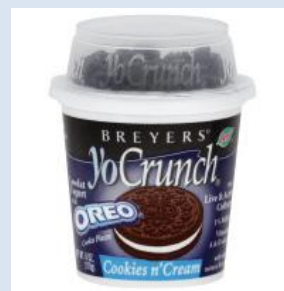
- ♥ Beginning **September 15th**, employees will be able to complete their online or paper-based Health Risk Assessment (HRA).
- ♥ Be sure to know your numbers ahead of time (including your height and weight), so you can enter them in your HRA!

*Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.

Eat This, Not That

Looking for something to quench that sweet tooth? Lowfat yogurt is a great snack! Your grocer's freezer is stocked with a choice to meet every craving, but keep in mind some are better for you than others. When you're reaching for your next sweet treat, try Breyers' Cookies n' Cream YoCrunch Lowfat with Oreo Pieces instead of Stonyfield Farm Whole Milk Chocolate Underground.

Stonyfield's yogurt contains 220 calories, 5g fat and 36g of sugar! Breyers contains only 120 calories, 2.6g fat and 11g sugar. Just think, with the sugar you saved, you could have 4 Cherry Popsicles!



E-mail the fitness guru with your question at employee.wellness@state.de.us for a possible posting in next month's issue.



The Fitness Guru Says...

Question of the Month: *I am trying to motivate myself to get back into a workout routine. I haven't exercised in sometime and probably need to start out as a beginner. What kind of exercises can I do to get started?*

Dear Employee,

Congratulations on wanting to get back into a workout routine! Before you take the step to improved fitness, you may want to check with your doctor, especially if you are a man over 45 or a woman over 55 or have any health problems, like high blood pressure, high cholesterol, diabetes or a family history of heart disease. It's a good idea to have your personal physician give your idea of an exercise program a thumbs-up before you begin.

What do you want to get out of an exercise program? The answer will help you define what kind of program will work best in the long run. What do you want to accomplish? What activities do you enjoy? Do you want to lose weight? Maybe you'd like to reduce some stress in your life or perhaps you are serious about increasing your muscular strength. The good news is each of those goals can be accomplished and can be the start of a fun exercise program from which you can enjoy and benefit. Is your goal weight control? Then, start with a low-impact or non-impact aerobic activity and work up to at least 30 minutes almost every day. If your goal is muscle strengthening, there are plenty of strength-conditioning programs that include the use of free weights, weight machines, exercise tubing or calisthenics. If your goal is improved flexibility, you could try yoga or a simple stretching routine that covers all of your major muscle groups. Sample workouts can be found at www.acefitness.org/exerciselibrary.

Many beginners make the mistake of starting out too aggressively in their exercise program, only to give up when they end up tired, sore or injured. So, take it slow and remember what you really want to do is develop some new habits you can stick with for a lifetime.

Stay Fit!

F.G. (a.k.a. Fitness Guru)

Leukemia & Lymphoma Awareness Month



www.lls.org



Offering Employee Assistance Programs
Human Management Services 1-800-343-2186
www.hmsincorp.com

1. Click "For the Employee"
2. Enter your Username: Delaware
3. Then enter your Password: Statehms04

World Heart Day
September 30th
www.worldheart.org



The Wellness team has relocated to the Statewide Benefits Office and can be reached by calling 302-739-8331 or 1-800-556-6106.

Beginning November 2009, WellAWARE will include important information from the Statewide Benefits team along with your monthly wellness articles.

National Suicide Prevention Week September 2nd – 8th



AMERICAN ASSOCIATION OF SUICIDOLOGY

www.suicidology.org



Join us for another exciting semester filled with four **NEW** health seminar topics and a chance to win a random drawing for a special DelaWELL prize basket of donated items like a **FREE, 30 minute massage**. You will also be eligible to participate in post-seminar bonus activities and receive weekly e-health tips.

- ❖ **Topic #1:** "Doing Your Part To Stay Heart Smart"
- ❖ **Topic #2:** "Controlling Stress Before It Controls You"
- ❖ **Topic #3:** "A New Year For A New You: Weight Management and Balanced Nutrition"
- ❖ **Topic #4:** "Spring Into Fitness"
- ❖ The 1-hour seminars are offered at various work locations in all three counties during lunchtime or after school dismissal to accommodate the work schedules of both state and school district employees.
- ❖ Attend each of the four different health seminar topics and receive a "**DelaWELL University Diploma**" signed by Governor Markell to commend your commitment to health education and be entered into a random prize drawing for your chance to **win a FREE, 3-month YMCA family membership** (generously donated by the YMCA of Delaware.)

To register for a **FREE** health seminar near you, visit www.delawell.delaware.gov and click on the "Health Seminars" link. **(Employees Only)**

Prostate Cancer Awareness Month

Prostate cancer is one of the most common types of cancer in men, affecting about one in six men in the United States. Prostate cancer is the malignancy of the small walnut-shaped gland in males that produces seminal fluid, the fluid that nourishes and transports sperm. When detected early-when it's still confined to the prostate gland-there is a much better chance of successful treatment. The most effective way to detect prostate cancer is during routine screenings which include:

- **Digital Rectal Exam (DRE)**-doctor glove test to detect possible prostate abnormalities
- **Prostate-Specific Antigen (PSA) Test**-blood sample drawn and analyzed for PSA, a substance that's naturally produced by the prostate gland.
- **Transrectal Ultrasound**-a probe placed in the rectum to get a picture of the prostate gland.
- **Prostate Biopsy**-If initial test results suggest prostate cancer, your doctor may recommend biopsy.

Check out StayWell's website @ <http://delaware.online.staywell.com> for more articles and information on Prostate Cancer.



Join in September & pay no joiner fee!

The YMCA of Delaware offers something for everyone. Enjoy family and friends, relieve stress and take care of your health and wellbeing. There is no better time than now to join the YMCA!

- Unlimited Adult classes for every level & interest
- Fully-equipped fitness/wellness centers
- Youth fitness/wellness centers & programs
- "Smart Start" goal-setting session
- Fun nights & family swims & swimming lessons
- Preschool tumbling classes & youth sports at reduced rates
- Financial Assistance Available!
- **FREE BABYSITTING!**

www.ymcade.org